



DATE:	12-04-2024	TIME:	04:17 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			82
BREATHING RATE:			10
OXYGEN SATURATION:			98
BLOOD PRESSURE:			148 / 89
STRESS LEVEL:			High
HEART RATE VARIABILITY:			50.82
HEMOGLOBIN:			14.55
HBA1C:			5.94
CHOLESTEROL:			164.40
PRQ:			8.12
ACTIVITY:			4

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SLEEP:			5
EQUILIBRIUM:			3
METABOLISM:			3
RELAXATION:			2
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK